



Rosehouse Health & Wellness Center

February 2005

MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI
	1 9:00 - Fun and Fitness 10:00 - Chair Volleyball 11:00 - Yoga 12:15 - Line Dancing 1:00 - Games	2 8:15 - Exercise 9:30 - Exercise 1:00 - Games 1:00 - Poker	3 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 11:00 - Yoga 1:00 - Games	4 8:15 - Exercise 9:30 - Exercise 1:00 - Canasta 1:00 - Games
7 8:15 - Exercise 9:30 - Exercise (tape) 12:30 - Bridge 1:00 - Games	*8 MARDI GRAS CENTER CLOSED	*9 8:15 - Exercise 9:30 - Exercise (tape) 10:45 - HAPPINESS ESSENTIALS: COMMUNICATION 12:00 - Pokeno 1:00 - Games 1:00 - Poker	10 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 11:00 - Yogal 1:00 - Games	11 8:15 - Exercise 9:30 - Exercise 1:00 - Canasta 1:00 - Games
*14 8:15 - Exercise 9:30 - Exercise 10:45 - LIGHTEN UP LA CELEBRATION 12:30 - Bridge 1:00 - Games	15 9:00 - Fun and Fitness 10:00 - Chair Volleyball 11:00 - Yoga 12:15 - Line Dancing 1:00 - Games	16 8:15 - Exercise 9:30 - Exercise 11:00 - AARP Luncheon 1:00 - Games 1:00 - Poker	17 9:00 - Fun and Fitness 10:00 - Line Dancing (tape) 11:00 - Yoga 1:00 - Games	18 8:15 - Exercise 9:30 - Exercise 1:00 - Canasta 1:00 - Games
*21 8:15 - Exercise 9:30 - Exercise 11:00 - LGMC VOLUNTEER RECRUITMENT LUNCHEON 12:30 - Bridge 1:00 - Pokeno 1:00 - Games	22 9:00 - Fun and Fitness 10:00 - Chair Volleyball 11:00 - Yoga 12:15 - Line Dancing 1:00 - Games	*23 8:15 - Exercise 9:30 - Exercise 10:45 - YOUR CHANGING NUTRITIONAL, NEED & STRETCHING FOOD DOLLARS 1:00 - Games 1:00 - Poker	24 9:00 - Fun and Fitness 9:30 - Canasta 10:00 - Line Dancing (tape) 11:00 - Yoga 1:00 - Games	28 8:15 - Exercise 9:30 - Exercise 1:00 - Canasta 1:00 - Pokeno 1:00 - Games 2:00 - EQUIPMENT ROOM CLOSSES EARLY
28 8:15 - Exercise 9:30 - Exercise 12:30 - Bridge 1:00 - Games				



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FEBRUARY 2005

8th MARDI GRAS - CENTER CLOSED.

9th HAPPINESS ESSENTIALS: COMMUNICATION - 10:45 AM - Do you *talk* with your family or do you communicate? There is a difference! Kate Ordeneaux, LSU Ag Center, will lead us in some fun activities that will teach us the difference. **PLEASE PRE-REGISTER BY MONDAY, FEBRUARY 7th.**

14th LIGHTEN UP LOUISIANA CELEBRATION CEREMONY - 10:45 AM - All of the Rosehouse teams have done an outstanding job and now it's time to celebrate! Each team member will be recognized for their hard work and determination. **PLEASE PRE-REGISTER BY FRIDAY, FEBRUARY 11th.**

21st LGMC VOLUNTEER RECRUITMENT LUNCHEON - 11:00 AM - Lafayette General Medical Center needs volunteers to assist with clerical work and to serve as receptionists and greeters. Volunteers are asked to work a minimum of 3-4 hours per week. Join us for lunch and door prizes as you learn more about available volunteer opportunities. **PLEASE PRE-REGISTER BY TUESDAY, FEBRUARY 18th.**

23rd YOUR CHANGING NUTRITIONAL NEEDS AND STRETCHING YOUR FOOD DOLLARS TO MEET THEM - 10:45 AM - Mandy Armentor, LSU Ag Center, will discuss how our nutritional needs change as we get older. Adrienne Vidrine, also with LSU Ag Center, will teach us how to stretch our food dollars to meet these needs. **PLEASE PRE-REGISTER BY TUESDAY, FEBRUARY 22nd.**



Rosehouse Notes

120 Statesman Drive
Lafayette, LA 70506

291-5444

SPRING EXERCISE CLASS SCHEDULE

8:15 AM - 9:15 AM MWF Modified (Low-Impact) Aerobics
(No registration or fee)
9:30 AM - 10:30 AM MWF Low-Impact Aerobics
9:00 AM - 10:00 AM TTh Fun & Fitness (Chair Exercise)
(No registration or fee)
10:00 AM - 11:00 AM T Chair Volleyball
11:00 AM - 12:00 PM TTh Yoga

NO ULL EXERCISE CLASSES FEB. 7th - 9th DUE TO MARDI GRAS.

CHAIR VOLLEYBALL CLASS

Team members wanted - no experience necessary! Come ready to play, have fun and have a good laugh. No fee required but you **MUST** have a current medical release form on file at the Rosehouse.

BEGINNERS LINE DANCING - 10:00 AM to 11:00 AM - Thursdays. For those of you who have never learned to line dance, we are offering a beginners class just for you! We are using a videotape so there is no fee for this class.

LINE DANCING CLASS.

12:15 PM - 1:15 PM Tuesdays

ACADIANA DISTRICT SENIOR GAMES - Pick up your entry form at the Rosehouse.

DID YOU KNOW....Wearing sneakers poses less of a falling risk for the elderly than going barefoot, according to a new study in the *Journal of the American Geriatrics Society*. In fact, sneakers were associated with the **lowest risk of falls**.

ATTENTION!!! - New web address to access our calendar:

<http://www.lafayettela.gov/cd/dpt842seniorcenter.asp>